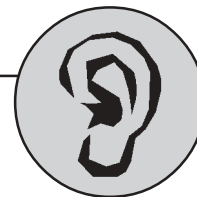


EMPLOYEE ASSISTANCE PROGRAM - 2008

Administered by Reliant Behavioral Health (RBH) • 1-866-750-0512 • www.ReliantBH.com



Covered Services

Short-term Services
Counseling
Legal Consultations
Financial Consultations

Long-term Services
Counseling
Psychiatric Services
Chemical Dependency Services

Costs

- Free
- Free
- Free

- 25% with RBH referral
- 25% with RBH referral
- 25% with RBH referral

Annual Maximums

- 4 visits per issue
- 1/2 hour consultation
- unlimited

- 40 outpatient visits
- 40 outpatient visits
- 40 outpatient visits

*Inpatient and Non-referred Services are covered in the Mental Health & Chemical Dependency sections of the Plan Summary.

GENERAL INFORMATION

WHO IS ELIGIBLE?

The Employee Assistance Plan is an add-on benefit for all State employees enrolled in a medical insurance plan. There is no separate premium for this plan, and it includes all dependents living in or outside of your household.

INSTRUCTIONS

No separate enrollment is required.

THE BENEFITS

The EAP benefits provide a variety of services including confidential counseling, legal and financial services, access to the Personal Advantage website, and 24-hour, toll-free access to crisis counselors.

CONFIDENTIAL COUNSELING

The EAP offers local, short-term counseling for a variety of issues including family, relationship, work stress, anxiety, grief, and other problems that may challenge you on a daily basis. You and your family members are eligible for up to four counseling sessions for each issue you encounter.

If a plan member involved in short-term counseling needs a higher level of care or long-term counseling, RBH will initiate a referral for the appropriate care. See your medical plan for coverage of longer-term services such as psychiatric care, chemical dependency, and longer-term counseling.

Traditional plan members will receive a better benefit for outpatient visits when they first obtain an RBH referral.

Managed care members do not need a referral to use RBH for short-term counseling needs. Please contact your plan

administrator to determine referral requirements prior to receiving long-term benefits.

By utilizing the services provided by RBH, at no direct cost to you, the member, the plan also experiences cost savings, which are ultimately passed on to all of the plan participants.

HELP IS HERE!

To schedule an appointment for:

- confidential counseling
- legal or financial services
- maternity services
- 24-hour crisis assistance.

CALL

1-866-750-0512

LEGAL & FINANCIAL SERVICES

You have convenient access to legal and financial professionals by simply contacting the EAP.

Legal services include a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees. *Legal services are not provided for any employer related issues.*

Financial services provide unlimited phone access to financial professionals for assistance and appropriate referrals for a variety of issues such as debt counseling, budgeting, college planning, retirement planning, etc. Members who retain financial professionals receive a 25% discount for services.

PERSONAL ADVANTAGE WEBSITE

The EAP includes a wellness focused website, Personal Advantage, where you can access self-care tools and up-to-date information on work stress, parenting, relationships, personal growth, health, and child & eldercare resources, along with more than 60 on-line trainings.

To log in to Personal Advantage

1. Go to www.ReliantBH.com
2. Click on the Register button
3. Follow the instructions.

24-HOUR CRISIS HELP

Crisis counselors are available 24 hours a day, 365 days a year to assist you or a family member experiencing a crisis situation. To access, call 1-866-750-0512.

PRENATAL PROGRAM

Health plan members have access to free prenatal program which includes risk assessments, educational information, referrals, and other resources to help achieve a healthier pregnancy.

If you enroll in a Managed Care plan and enroll in this program in your first trimester of pregnancy, your co-payments/coinsurance will be waived.

You can access the prenatal program by simply calling 1-866-750-0512.

HEALTH COACHING

All State plan members and their adult dependents have access to free, confidential health coaching. This benefit offers individuals the opportunity to communicate with a friendly, experienced health coach at their own pace. To get started, call 1-866-750-0512.